

Lónsöræfi

Eastern Iceland · Iceland

TRAVEL GUIDE

Tripomatic



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Overview

Lónsöræfi is a protected wilderness in southeast Iceland, east of Vatnajökull. It has coloured mountains, deep canyons and glacial rivers. There are no towns or roads for ordinary cars.

The area is for hikers. Most people walk it in two to five days, staying in mountain huts.

When to visit

The hiking season is short. It runs from July to the start of September, when rivers are lower and the mountain road is open. Weather is changeable, so carry warm and waterproof clothing.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for hiking	-3° / 1° Feels like -11°	-8° / -15°	19 rainy days · Dry air
February	Poor Poor for hiking	-3° / 1° Feels like -11°	-8° / -15°	18 rainy days · Dry air
March	Poor Poor for hiking	-3° / 1° Feels like -10°	-8° / -15°	18 rainy days · Dry air
April	Poor Poor for hiking	-1° / 3° Feels like -8°	-6° / -13°	17 rainy days · Dry air
May	Poor Poor for hiking	2° / 7° Feels like -4°	-2° / -7°	15 rainy days · Dry air
June	Poor Poor for hiking	6° / 10° Feels like 1°	1° / -3°	16 rainy days · Dry air
July	Poor Poor for hiking	8° / 12° Feels like 3°	3° / 1°	16 rainy days · Dry air
August	Poor Poor for hiking	7° / 11° Feels like 3°	3° / 0°	17 rainy days · Dry air
September	Poor Poor for hiking	5° / 8° Feels like -1°	1° / -4°	18 rainy days · Dry air
October	Poor Poor for hiking	1° / 5° Feels like -6°	-3° / -9°	19 rainy days · Dry air
November	Poor Poor for hiking	-2° / 3° Feels like -9°	-6° / -13°	18 rainy days · Dry air
December	Poor Poor for hiking	-3° / 2° Feels like -11°	-8° / -15°	19 rainy days · Dry air

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- The mountains are made of pale and orange volcanic rock, so the valleys have unusual colours.
- Tröllakrókar is a group of rock towers and canyons near the Múlaskáli hut.
- Múlaskáli is the main mountain hut. **Book huts in advance.**
- The multi-day trail goes from Snæfell in the north and ends near Höfn. Rivers must be crossed on foot or by bridge, so ask locals about the conditions first.

Lónsöræfi – Plan Your Trip

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Getting there

- **By car**: The area is reached by gravel roads from the Ring Road, east of Höfn. The mountain road is for 4x4 vehicles only, and rivers must be crossed.
- **By bus**: Seasonal highland buses or guided trips are the easiest way in. Check timetables before you go.
- **Nearby**: Höfn is the nearest town, and Glacier Lagoon is about 1.5 hours to the west.
- **Safety**: Tell someone your route. See SafeTravel Iceland.

Country facts

Quick practical facts for Iceland at a glance:

CURRENCY
ISK kr

EMERGENCY
112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES
Icelandic

TAP WATER
Safe to drink

DATA SOURCES

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